

In an effort to address the growing problem of Arthritis, Missouri has taken several action steps. These include the state Missouri Arthritis and Osteoporosis Program (MAOP) and the seven Regional Arthritis Centers (RACs). Through these efforts, Missouri seeks to improve the lives of individuals living with arthritis.

Arthritis & Self Management

Problem of Arthritis

- Arthritis is a public health concern due to:
 - High Prevalence: 31.9% of Missouri adults have Arthritis²
 - High Impact: 38.3% of Missouri adults with arthritis are limited in their activities due to arthritis or joint symptoms²
 - High Lifetime Risk: The risk of developing certain kinds of arthritis increases with joint injury and unhealthy weight.
 - High Costs: Missouri's 2003 total cost resulting from arthritis and other rheumatic conditions was more than \$2.8 billion³
 - Risky Complications: Approximately half of all adults in MO who report having diabetes, cardiovascular disease, hypertension, or high cholesterol in Missouri also report having Arthritis²

What can be done?

- In an effort to address the impact of Arthritis the Centers for Disease Control (CDC) recommend:
 - Learning techniques to manage arthritis
 - Being physically active
 - Controlling weight
 - Consulting a physician

Missouri's Response Regional Arthritis Centers⁴

- In an effort to address arthritis, Missouri developed a state-wide network of Regional Arthritis Centers (RACs) contracted by the Missouri Department of Health and Senior Service's Arthritis and Osteoporosis Program (MAOP)
- The RACs focus their efforts towards the CDC recommendations by offering four evidence based interventions: Arthritis Foundation Self-Help Program, Chronic Disease Self-Management Program, Arthritis Foundation Exercise Program, and Arthritis Foundation Aquatic Program.
- From July 2007 to June 2008, MAOP offered a total of 830 evidence-based courses
- Starting in July 2008, Missouri will be modifying the evidence-based course selection to include EnhanceFitness.

Techniques to Manage Arthritis

CDC recommends that individuals learn techniques to manage their arthritis.

- Missouri currently offers two self-management programs (Arthritis Foundation Self-Help Program and Chronic Disease Self-Management Program) through the RACs.
- Only 13% of Missourians with Arthritis have ever taken a course or class to manage their arthritis² (See Figure 1)

Figure 1: Percent of Missouri Adults with Arthritis who have taken a class to manage their Arthritis, 2007

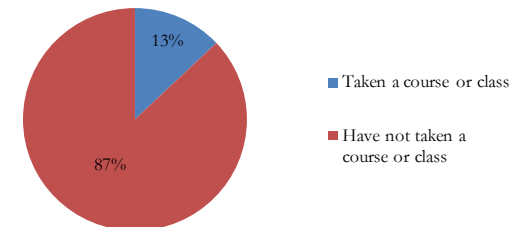


Figure 1 illustrates that the majority (87%) of Missourians who are 18 years of age or older who have arthritis have never taken a course or class to manage their arthritis.²

Physical Activity and Weight Control

- CDC recommends being physically active (to help reduce pain and improve physical function) and controlling weight (to reduce risk of developing arthritis and to reduce pain associated with certain types of arthritis).¹
- More than 50% of individuals with Arthritis do not get the recommended levels of non-occupational physical activity (See Figure 2)
- Individuals with arthritis are more likely to be overweight or obese compared to individuals in Missouri who do not have arthritis (See Figure 3)
- With such high proportions of Missourians not meeting their physical activity recommendations and being overweight or obese, Missouri is proactive in its efforts to increase opportunities for physical activity among people with arthritis
- The RACs offer two physical activity interventions: Arthritis Foundation Exercise Program and Arthritis Foundation Aquatic Program.

More about Missouri's Interventions⁵

- Arthritis Self-Help Program (ASHP): helps people with arthritis learn and practice the different self-management program techniques needed to build an individualized self-management program and gain the confidence to carry it out.
- Chronic Disease Self-Management Program: covers topics such as techniques to deal with problems associated with chronic disease, appropriate exercise, appropriate use of medications, communicat-

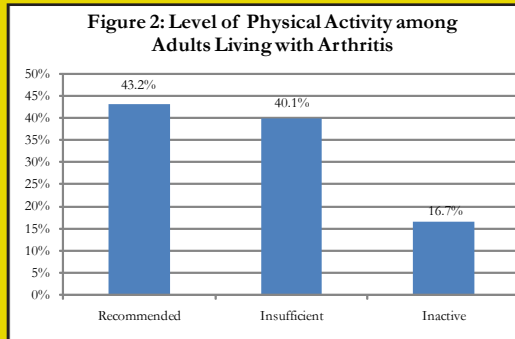


Figure 2 illustrates that the majority (56.8%) of Missourians with arthritis who are 18+ do not get the recommended amount of non-occupational physical activity compared to the 43.2% who get the recommended amount²

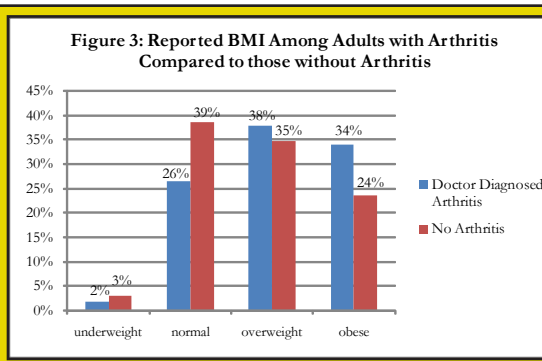


Figure 3 illustrates that 72% of Missourians who have arthritis are obese or overweight compared to 58.4% of Missourians who do not have arthritis²

ing effectively with family, friends and health professionals, nutrition, and how to evaluate new treatments.

- Arthritis Foundation Exercise Program (AFEP): is a community-based recreational exercise program focusing on range-of-motion and endurance-building activities, relaxation techniques, and health education topics.
- EnhanceFitness: is an exercise program for older adults at all levels of fitness focusing on stretching, flexibility, balance, low-impact aerobics, and strength-training exercises.

- Important note: Starting 7/1/08 MAOP and the RACs will no longer be offering the AFAP, but will start offering EnhancedFitness (EF). To find out about AFAP programs in your area contact your local Arthritis Foundation Program

Works Cited

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This publication was supported by CDC Grant/Cooperative Agreement Number 03022, Missouri Arthritis & Osteoporosis Program & Behavioral Risk Factor Surveillance System, Cooperative Agreement Number u58/ccu722795-04. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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